

INSIDE

New MEV arrives for 2SBCT



Rainy ordeal tests physical, mental stamina

Captains wrestle with field exercise at Schofield Barracks

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Wounded Wolfhound returns

Unit dedicates weight room to squad leader with injuries from Iraq

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Soldier bowls to All-Army

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Story and Photo by
SPC. DANIEL BEARL
Staff Writer

SAND ISLAND — A new medical evacuation vehicle made its way into the hands of 2nd Stryker Brigade, Monday, paving the way for the arrival of several Stryker vehicles later this year.

The MEV, a variant of the eight-wheeled Stryker, was sent on loan from the Project Manager Stryker to the 1-14th Infantry for training purposes.

The vehicle is designed to evacuate up to six ambulatory casualties from the battlefield. Its crew includes two medics and one physician, and the vehicle can also carry up

to four litters.

The MEV arrived at Sand Island, Saturday evening. It was unloaded, and Monday morning it was brought via truck to East Range where its equipment was inventoried and it was signed over to its unit.

Four Soldiers from the 25th Infantry Division also accompanied the Stryker from

Fort Lewis, Wash. The Soldiers spent 20 days at Fort Lewis attending driving and general dynamics training on the Stryker.

The new vehicle was brought to Schofield not only to give troops a chance to train on it, but also to familiarize the surrounding

SEE MEV, A-7



SpC. Daniel M. Bearl | 25th Infantry Division

Cultivating warriors

SCHOFIELD BARRACKS — An opposition forces Soldier prepares to ambush a HMMWV carrying a squad of Soldiers during training exercises at the U.S. Army Noncommissioned Officer Academy, Hawaii. The training is part of the academy's first Warrior Leadership Course, which began Jan. 10. Part of the training includes exercises geared to prepare future NCOs for situations they may encounter on deployment. See the full story on page A-5.



U.S. Army Photo

The Makua Valley, as seen from a southern peak, is closed for live-fire exercises.

Hawaii court rules on Makua

25TH INFANTRY DIVISION
NEWS RELEASE

SCHOFIELD BARRACKS — The court denied the Army's motion to conduct live fire training at Makua, Feb. 2.

"Our Soldiers need and deserve the best and most realistic training possible to survive and win on today's battlefield, and Makua Military Reservation plays a significant role in its capacity to provide that training," said Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division.

"Today's ruling makes the task of training of our Soldiers to fight and survive on the battlefield more difficult. However, we will do everything in our power to continue to train our Soldiers as thor-

oughly and realistically as possible, in preparation for the upcoming deployment.

"Our top priority remains Soldier and unit readiness, and to that end, we will train our Soldiers the best we possibly can, given the resources at hand, including blank fire exercises at Makua Military Reservation.

"This temporary set back will not dissuade the Army from pursuing returning to train in Makua. We will continue to complete the Environmental Impact Statement and all other necessary actions to begin training in Makua. Throughout this process and after training resumes the Army will protect the environment and culturally sensitive sites located in the valley," Mixon said.

TRICARE fee may hike for younger retirees

DoD considers program change to address shortfalls

GERRY J. GILMORE
American Forces Press Service

WASHINGTON — The Defense Department is proposing that working-age military retirees and their families pay higher premiums to help address rising health care costs that have doubled over the past few years, senior DoD officials said here Wednesday.

The proposed changes would

apply only to eligible military retirees under age 65 and their families, officials said. There would be no change for active duty military or their families, or military retirees age 65 or older and their families.

When the TRICARE health care program for active duty and retired military members and their families was established in 1995, retirees then were contributing about 27 percent of the cost of their benefit, Dr. William Winkenwerder Jr.,

SEE TRICARE, A-8

Headquarters drives home team aspect on stop loss, movement

SGT. TYRONE C. MARSHALL JR.
Assistant Editor

SCHOFIELD BARRACKS — Soldiers and their families are well aware of the impending stop loss/stop movement that will take effect prior to this summer's deployment to Iraq.

However, Headquarters, Department of the Army, is clarifying the purpose of the stop loss/stop movement policy.

According to the Office of the Deputy Chief of Staff (ODCSPER), the Army's G-1, which manages personnel issues, stop loss is not about strengthening the force.

"Stop loss is about units training, deploying, fighting and redeploying — as a team," Lt. Col. Bryan Hilferty, public affairs officer, ODCSPER, G-1, said.

Hilferty discussed two methods for manning a unit: individual and team replacement.

The Army has used individual replacement for wars in

the past. In this case, a Soldier would deploy, return and then be replaced by a new Soldier.

"HQDA thinks [this method] is a bad idea," said Hilferty. "We think a much better idea is [the use of] teams."

Unit replacement is currently the preferred method of manning units. According to Hilferty, the switch from individual to team replacement occurred with the arrival of Chief of Staff of the Army Gen. Peter J. Schoomaker.

Hilferty used the upcoming Pro Bowl to demonstrate the concept of cohesion in unit replacement.

"Who do you think is a better team," he asked. "The Pittsburgh Steelers or the National Football Conference [NFC] All-Stars?"

"I think the Pittsburgh Steelers would kill the NFC All-Stars because they're a team. That's what this [Stop Loss] is about — teams," emphasized Hilferty.

"We want teams to go Iraq and Afghanistan, he explained. "Soldiers want to go fight with teams."

Hilferty also explained the time frame Soldiers have

before and after a deployment to remain with a unit. Anyone leaving a unit within 90 days of deployment will remain with the unit.

"It doesn't matter if you're PCSing [making a permanent change of station move] or ETSing [expiration of term of service]. It's about keeping with the team," he said.

Ninety days is the maximum amount of time Soldiers must remain with a unit after returning from a deployment; however, Soldiers can get a waiver from their commander to leave earlier.

"We just want to make sure Soldiers are taken care of," Hilferty emphasized, referring to the 90-day period.

In addition, Hilferty hinted at using stabilization as a means for reducing stop loss in the future. When personnel report to a duty station, they will have three years time in service remaining, which will automatically stabilize them.

"We're building brigade combat teams," Hilferty added. "Those units won't need stop toss."

WLC gives NCOs more combat training

Story and Photo by
SPC. DANIEL M. BEARL
Staff Writer

SCHOFIELD BARRACKS — New and upcoming noncommissioned officers with the 25th Infantry Division are now receiving training that is more focused on combat than previous training programs. The changes came when the NCO Academy here introduced the Warrior Leadership Course (WLC), Jan. 10, replacing the Primary Leadership Development Course. “The Warrior Leadership Course focuses more on leadership skills in combat,” said Command Sgt. Maj. Michael A. Thomas, commandant of the academy. “We don’t do Class ‘A’ uniform inspections anymore. We inspect their field gear.”

WLC takes recently promoted and soon-to-be NCOs through 30 days of intense leadership training, including approximately five days in the field.

During the field training exercise, the Soldiers operate in squads with rotating leadership positions. After executing missions, the current squad leader conducts an after-action report with the squad, to analyze what happened, what went well and what could be improved.

The rotating leadership positions allow each Soldier to act in a leadership role during the training, Thomas said, adding the field training uses the crawl-walk-run method.

For the first two or three days, Soldiers practice reacting to different situations.



Gearing up for deployment in the War on Terror, Soldiers with the 25th Infantry Division conduct convoy training during the division's first Warrior Leadership Course. U.S. Army Noncommissioned Officer Academy, Hawaii, converted to the WLC from

the Primary Leadership Development Course during December 2005 and began its first class in the new program Jan. 10. The class graduated Feb. 8.

Then they are put through evaluated training lanes.

Squads that do not perform well on the evaluated exercises are retrained and

given an opportunity to try again, Thomas said.

“It’s good training ... intense,” said Sgt. Frank Enriquez, a team leader in Compa-

ny A, 1-21st Infantry who is attending WLC. “It gives us better understanding of different scenarios and working with other MOSs [military

occupational specialties].”

The chance to work with Soldiers from other career fields is important for leadership development, said Spc. Leah S. Morgan, an automated logistical specialist with A Company, 325 FSB. “I’m definitely exposed to different things,” he said. “It’s very interesting. It gives an understanding of exactly what infantry units go through.”

The lengthened field training exercise is one of the key differences between the WLC and the PLDC. Further, in the WLC, more emphasis is provided in battlefield leadership than in PLDC, Thomas explained.

“In PLDC, the Soldiers turned in their weapons to the arms room on day one, and only got them out when they went to the field,” Thomas said. “Now, the Soldiers are with their weapons 24 hours a day.”

The changes in the course were triggered by the Army’s experiences in Iraq and Afghanistan, Thomas said. The new training course teaches NCOs to be more adaptable and flexible in combat, he explained.

The new program meets the Army’s needs for highly trained leadership in a changing combat environment, Thomas added.

“This course is right where the Army needs to be to prepare these specialists to be leaders,” he said.

The NCO Academy’s first WLC graduated Wednesday at Stoneman Field.

Good Neighbor Joe makes his debut

ED ABER-SONG
Command Information Officer, 25t Infantry Division

SCHOFIELD BARRACKS — Being a good neighbor is important to the Army, and Good Neighbor Joe symbolizes the 25th Infantry Division and U.S. Army Hawaii’s commitment to its installations and housing areas.

Recently, members of the Army Hawaii community participated in a slogan contest to show enthusiasm for building stronger communities and compete for a Grand Prize Sunday Brunch for four at Reggie’s, Schofield Barracks, courtesy of Army Hawaii MWR.

The Good Neighbor Joe slogan contest winner was Wesley K. Nakamoto, U.S. Army Garrison, Hawaii, Directorate of Public Works. His slogan,



Nakamoto

which was selected from a long list of entries, was “Transforming ourselves while preserving the land.” “I’m really surprised to win,” said

Nakamoto.

The Good Neighbor Program emphasizes Army community involvement by using organic and environmentally safe methods to build stronger partnerships with local communities on the islands and maintain the land’s natural beauty.



Black History: The Army celebrates

CONTINUED FROM A2

that the only thing vitally important for them was their courage in the face of adversity. The courage these men displayed proved that the color of a man’s guts and the color of a man’s blood are far more important than the color of a man’s skin.

Our progress since that historic day in 1948 speaks for itself, and while many suggest there remains work to be done to “level the playing field,” it is imperative that America move forward by simply facilitating opportunity for all Americans regardless of race, gender, creed and the like.

This effort begins with adhering to and embracing the values that define

who we are. Simultaneously, we must reject the dangerous and non-productive victimization ideology that threatens advancement and true racial harmony, not only in our ranks, but in American society in general.

Just as we have the opportunity to rid the world of terrorism that is a threat to the free world, we also have an opportunity to leave a legacy for service men and women to take advantage of and to exploit.

The barriers and obstacles that previously prevented equality have been breached, and the path for our generation is open. Opportunity awaits us.

We must recognize the sacrifices of previous generations and commit ourselves to reaping the benefits of

their courage by moving forward with vigor, staunch determination and articulating a clear vision for our Army and military founded on the premise that all service members are valuable and have the ability to positively contribute to our formations.

All this begins by ensuring all service members receive opportunity and are inspired by active, positive and participatory leadership that enables them to believe in their organizations and themselves.

Service members are humbled by the confidence, trust, respect and overwhelming support the American public has for them. We represent this nation’s most vital resource, its youth. America is depending on us to take care of that resource.

2-27th Inf. wraps-up at Yudh Abhyas

Story and Photos by
SPC. MIKE ALBERTS
3rd Brigade Public Affairs

CHAUBATTIA, India — To Soldiers stationed in Hawaii, sunsets — like training — are commonplace. But just as a sunset is spectacularly unique when viewed from an airplane window at 35,000 feet, so too is training in India at 7,000 feet ... quite a different experience entirely.

Jan. 10, Charlie Company and the attached elements of 2nd Battalion, 27th Infantry Regiment, 25th Infantry Division, chased the sunset as they flew west toward India to participate in cooperative, joint training exercises with the Indian Army's Bravo Company, 9th Battalion, Kumaon Regiment.

Three weeks later, on Jan. 26, Charlie Co., 2-27th wrapped-up its high elevation training, termed “Yudh Abhyas,” conducted at the base of the Himalayas.

Yudh Abhyas consisted of 10 training days divided into two phases. Phase One included physical conditioning, an exchange of weapons’ systems and equipment information, and basic live-fire shooting exercises, according to Col. R.K. Mahna, training officer and battalion commander, 9th Battalion, Kumaon Regiment.

Phase Two comprised the advanced live-fire stage. It consisted of jungle lane and room shooting, the establishment of perimeter control and house searches, and the occupation of a “COB” (company operating base).

Soldiers occupied and protected the COB, conducted night patrols and set up security checkpoints.

While all the training was valuable, Soldiers universally praised the live-fire room shooting drills.

“The room shooting exercises are really important because of the similarity to patrols and other operations that our unit can expect when we deploy to Iraq,” said 1st Lt. Daijiro Kanase, platoon leader, 2nd Platoon, Charlie Co., 2-27th. “It requires target identification, good leadership skills, team tactics and confidence all in one scenario,” Kanase added. “We were also able to view all actions on video, which provided the unique opportunity to make on-the-spot corrections.”

“This is realistic training,” said Sgt. Carl Ervin, team leader, Charlie Co., and a veteran of a tour in Iraq. “To have im-



Above — Sgt. Carl Ervin, team leader, 2nd Battalion, 27th Infantry Regiment, and a veteran of a tour in Iraq, sets up in a covered position in response to simulated direct fire during jungle lane training.

Left — Staff Sgt. Jayson Teague (front), also a squad leader in 2-27th, and Sgt. William Geiger (rear), a team leader in the unit, prepare to enter “shoot rooms” during Phase 2 of Yudh Abhyas.

forces,” said Atienza.

Atienza’ counterparts echoed his sentiments.

“The aim of the exercise was to understand each others’ methods of operation, standard operating procedures, battle drills and battle procedures in recognition of the expansion of defense cooperation of the Indian Army and U.S. Army,” said Brig. Gen. Ilangovan, commander, 99 Mountain Brigade. “When we operate in a joint environment, understanding each others’ capabilities will be of great value,” he emphasized.

mediate video feedback is important; it provides a great critiquing environment. After all,” Ervin explained, “the ultimate goal is improved fighting capabilities and bringing more Soldiers home alive. This will help.”

From a broader perspective, Capt.

Robert Atienza, commanding officer, Charlie Co., explained that the entire training operation will not only help the individual Soldier, but international fighting capabilities as well.

“This training is important ... to strengthen relationships between our two

News Briefs

NEX Motorcycle Safety Day — The Navy Region Hawaii motorcycle safety program is hosting a family fun event, Saturday, Feb. 11, from 9 a.m. to 6 p.m. The day will feature motorcycle dealer displays, riding club and motorcycle safety representatives from the Navy, Army, Marines and Air Force. Also, fun field events to test slow ride and control skills will be available to riders with protective gear. Contact Rodd Johnson at 474-3447, extension 246, for more information or to request a booth space.

Recruiting — A recruiting team from Headquarters, U.S. Army Recruiting Command, Ft. Knox, Ky., will hold a brief on “Opportunities and Benefits of becoming a Recruiter,” Tuesday, Feb. 14, at 10 a.m. and 2 p.m. at the Post Conference Room on Trimble Road, Schofield Barracks. Attendance by all E-4s through E-7s is highly encouraged.

This briefing does not obligate attendees for recruiting duty; however, a personal interview following the briefing will determine qualifications.

For more information, contact Master Sgt. Drummond at Division Retention, 655-8780/8781. Additional information is available at www.usarec.army.mil/hq/recruiter or by contacting Master Sgt. Mills at (502) 626-0465 or DSN 536-0465.

Black History — Wednesday, Feb. 15, from 10:30-11:30 a.m., catch the African-American Black History Month Observance at the Sgt. Smith Theater on Schofield Barracks. The guest speaker will be Chaplain (Col.) Boney and the Hawaii Army Band will entertain.

Contact Sgt. 1st Class Young at 655-0092 or Sgt. 1st Class Williams at 655-5349 for more information.

FBI Recruitment — Are you interested in a career with the FBI as a special agent? Join FBI Special Agent Kal Wong and get the facts at the monthly FBI career presentation on Feb. 16 from 10 to 11 a.m. at the Aloha Center's (Building 690) third floor conference room at Schofield Barracks.

For registration, call 655-1028. For information on upcoming presentations, call 566-4488.

Road Closure — Lyman Road, between

SEE NEWS BRIEFS, A-9



Capt. Bradley Rudder / 2-11th Field Artillery Regiment

Soldiers from 2-11th Field Artillery Regiment receive a presentation on how an artillery unit functions as a maneuver element in Iraq from the leaders of 2-8th FA, the Fort Lewis, Wash., unit that just returned from a similar mission.

‘Redlegs’ take to heart lessons learned from OIF

Hawaii and Washington field artillerymen swap best tactics during LPD

1ST LT. BRANDON CARLSON
Charlie Battery, 2-11th Field Artillery Regiment

SCHOFIELD BARRACKS — During its latest leadership professional development (LPD) gathering, the “On Time” Soldiers of 2-11th Field Artillery Regiment recently hosted fellow artillerymen from 2-8th FA, the “Automatic” Battalion, which is stationed at Ft. Lewis, Wash.

From Jan. 30 – Feb. 3, leaders from the two battalions met to discuss topics ranging from Stryker Brigade transformation to the unique challenges that an FA battalion faces while being deployed as a battalion task force within the Stryker Brigade. In addition, the LPD provided the chance to build camaraderie throughout the ranks of the field artillery community.

Having recently returned from deployment with 2/25th Stryker Brigade Combat Team (SBCT 2), the officers and noncommissioned officers of 2-8th FA presented their counterparts with a wealth of information. Soldiers took away different lessons from the

event, but all participants articulated seasoned insights from the OIF experience.

“It was beneficial for another unit to share their TTP’s [tactics, techniques and procedures] with us,” said Capt. Rob Bockholt, commander, Battery C, 2-11th. “It will enable us to prepare for our future deployment.”

The Soldiers of 2-11th FA are no strangers to combat, having just returned from OIF last spring. They have not deployed as the fires asset of an SBCT, so 2-8th sought to address some of the changes and challenges that 2-11th may face in its future role as the supporting artillery for the Army’s 5th SBCT.

“As artillerymen, it was very informative, and it gave me a better understanding of how to train my Soldiers for transformation,” explained Sgt. 1st Class Novel Phillips, platoon sergeant for Charlie Battery.

Training is a very important issue to NCOs of 2-11, like Phillips, who will be training their Soldiers to operate the Army’s newest artillery piece, the M777A1.

On Time will be the first Army unit equipped with the M77A1, a lightweight 155mm howitzer, later this year.

Captains take warrior spirit to field

Story and Photo by
SPC. DANIEL BEARL
Staff Writer

SCHOFIELD BARRACKS — A training mission designed to test Soldiers’ mental and physical endurance began Jan. 23 for 44 command and pre-command captains with 25th Infantry Divisions’s 2nd Stryker Brigade.

The officers assembled in the dark, early hours of the morning for an exercise that would take them into the field for four rainy days as they honed their warrior skills.

The officers adopted “the spirit of the Mongodai,” the spirit of the ancient elite shock troops of Genghis Khan’s army. The captains honed their combat skills in a realistic, role-playing environment.

The training was structured much like other leadership field training. The captains organized into squads with rotating leadership positions. The squads were designed to distribute the leadership experience gained from the exercise.

Throughout four days, the Mongodai warriors trained in essential combat skills.

Day one, they practiced first aid and combat lifesaver skills with combat medics and then zeroed their weapons using laser scope sights. Day two, they focused on room clearing and lateral movements, and then executed a stress-fire exercise.

Day three, the brigade mounted an attack on a suspected improvised explosive device (IED) lab, and early on day four, the captains attacked and secured a collection of buildings.

The training was designed to challenge and assess the captains, said Col. Stefan Banach, 2nd Brigade’s commander.

“The purpose of the training was threefold,” Banach said. “The first was to provide a leader certification opportunity for captains in the brigade. The second purpose was to assess current company commanders and future company commander candidates.

“The third,” he continued, “was that the assessment would be done in a stressful environment, combining fatigue, no sleep, no food ... carrying heavy loads over long



Capt. Rafael Duran of 1st Battalion, 14th Infantry, practices stabilizing a wounded Soldier during first aid training in 2nd Brigade’s Mongodai training exercise.

distances ... and the effects of terrain and weather. It rained on us every day out there,” Banach explained.

The Mongodai exercise was also designed to be difficult, both physically and mentally, Banach continued, emphasizing “To be successful in combat, you have to make training more difficult than combat.”

Aside from external assessment of the officers, he said, the exercise also emphasized self-assessment and peer review. Learning to know one’s self and understand one’s own limitations are key to successful training, he explained.

The training was also structured as an adaptive leadership exercise, the captains were placed in scenarios and environments intended to train them on an ethos of ex-

ploitation tactics, most relevant on today’s battlefield, according to Banach.

“Captains don’t typically have the chance to get out and do this sort of thing,” said Cpt. Brian M. Sweigart, from 2nd Brigade’s Headquarters and Headquarters Company, and one of the officers participating in the Mongodai field exercise.

Sweigart noted that captains in command positions frequently spend so much time ensuring their Soldiers are well trained, that they end up neglecting their own tactical training.

“This is the best training I’ve had in a while,” Sweigart said.

The end result of the training was “absolutely superb,” Banach echoed, adding the exercise successfully trained, stressed and assessed the captains.

U.S. Army Garrison, Hawaii releases survey results

GAYLE YANAGIDA
Resource Management, U.S. Army Garrison, Hawaii

SCHOFIELD BARRACKS — This past fall, U.S. Army Garrison, Hawaii, conducted the 2005 annual Climate Survey, which was available online from Oct. 1 to 31. The survey identifies areas in need of improvement and gives leaders the information needed to affect positive change.

The Climate Survey was open to all garrison military, appropriated fund (APF) and nonappropriated fund (NAF) civilian employees. Contractors were not included, but paper surveys were made available to those activities whose employees did not have access to computers.

The format stayed basically the same as in previous years, allowing USAG-HI to measure improvements. Eleven categories were examined, and overall results were compared for years 2004 and 2005.

The rating scale also remained the same: 1 – strongly agree, 2 – agree, 3 – somewhat agree, 4 – somewhat disagree, 5 – disagree, and 6 – strongly disagree.

Results will be posted on the Director of Information Management (DOIM) Intranet home page, listed under “Items of Inter-

est.”Survey results will be available from Feb. 17 through August 2006. The comparative results charts are self-explanatory.

Garrison senior leadership has received briefings on the survey results, and the top ten issues arising from the survey were discussed at the recently held USAG-HI Leadership Offsite, Feb. 3. Each director/staff officer takes action on the results in his or her organization, to include rating and narrative comments.

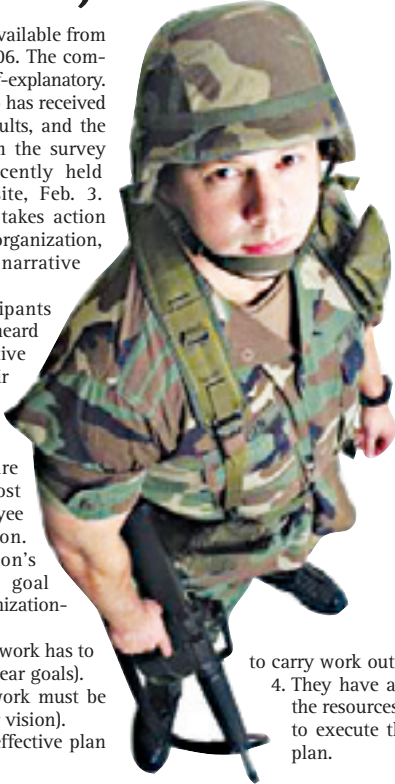
Many eligible participants allowed their voices to be heard to influence future corrective actions by leadership. Their comments will directly improve their work environments.

Surveys of the entire workforce provide the most accurate indicator of employee attitude and satisfaction. Knowledge of the garrison’s climate help support the goal of a high-performance organizational culture:

1. Employees know what work has to be done (outcome of clear goals).
2. They know why the work must be done (outcome of clear vision).
3. They can develop an effective plan

to carry work out.

4. They have access to the resources needed to execute the work plan.



Climate Survey’s Overall Rating

Category	Year 2004	Year 2005
Strategy	2.01	1.85
Leadership practices	2.53	2.30
Supervisory practices	2.43	2.17
Climate	2.09	2.01
Organization and job structure	2.82	2.51
Technology	2.37	2.28
Individual and team practice	2.26	2.15
Work processes	2.37	2.23
Performance goals and feedback	2.13	2.09
Training and education	2.30	2.13
Rewards and recognition	2.93	2.22

(Rating Scale measures 1 [strongly agree] to 6 [strongly disagree].)

5. They are alert to cues and feedback that show them the effectiveness of their performance, and they are able to make adjustments to continuously improve.
6. They maintain energy and enthusiasm despite difficulties because they understand the importance of flexibility.
7. They feel recognized and

appreciated for their contributions. Garrison leadership extended hearty “thank yous” to participating service members and civilians for their candid feedback.

(Editor’s Note: Future articles will outline corrective actions taken by leadership as a result of the survey at both the directorate and garrison level.)

DoD takes an intense look at domestic abuse

Military, law enforcement leaders and professionals discuss prevention tactics

PFC. KYNDAL BREWER
Staff Writer

WAIKIKI — What are spouses to do when their soul mates come home from a bad day at work and decide to release all their verbal and physical aggression on them? Whom do they call? Whom do they tell?

Despite the Uniform Code of Military Justice and the general moral abhorrence of domestic violence in the military, domestic abuse happens everyday

on every base Army wide.

We all make mistakes and bad decisions sometimes, but some of them cannot and will not be tolerated by the military. Therefore, 25th Infantry Division commanders, judge advocates and law enforcement personnel joined like-minded professionals at the Domestic Abuse Conference at the Sheridan Moana Surfrider Hotel, Jan. 31 through Feb. 1.

The conference was one of six DoD has held across the nation to train commanders and law enforcement officials from every military branch. Participants learned what they need to do and how to handle situations when

a Soldier or family member reports a case of domestic violence.

The two-day training re-emphasized DoD’s core principles of intervention, which outline how to respond to the needs of the victims and provide for their safety.

Basically, responders and advocates ensure that the stated needs of the victims are fully considered. Necessities such as safe housing, safety planning and free confidential advocacy services are some of the requirements considered.

Offenders are held accountable, not the victim.

Institutions, on the other hand, consider multicultural and cross-cultural

factors. They bear in mind the context of the violence, provide a measured response, coordinate military and civilian response, involve victims in monitoring domestic violence services and provide early intervention — all to severely lessen the instances of domestic violence and to promote wholesome environments.





An OH-58D takes a “bird-bath” using the Clear Water Rinse System. The system, which has the capability to clean up to 20 helicopters a day, became operational on Jan. 25.

Rinse system battles corrosion

Micro-sensors and filtration system decrease maintenance, and ensure safety

Story and Photo by
PV2 AMANDA SWEETNAM
HHC Aviation Brigade

WHEELER ARMY AIR FIELD — Just moments after the celebratory ribbon was cut, a 58-D helicopter effortlessly landed in the middle of the large concrete pad. As water vigorously splashed the helicopter from all sides, the crowd gave an overwhelming round of applause. Even the helicopter seemed to breathe a sigh of relief; after nearly five years of research, development and testing, the new Clear Water Rinse System was finally operational. The Clear Water Rinse System (CWRS) is designed to eliminate helicopter corrosion by placing 50 microchips at specific points around the aircraft. Each microchip detects the location and type of corrosion and relays that information back to the rinse sys-

tem. “We will all reap the benefits, Army wide, from what this system has to give us,” said Col. Howard J. Killian, commander of U.S. Army Garrison, Hawaii, Schofield Barracks. “It will set the standard in the fight against aviation corrosion.” CWRS is also equipped with a special filtration system that removes fuel, hydraulic fluid, oil, heavy metals and salt from the water after each rinse. The 6,000 gallons of water are then re-used to clean the next helicopter. The system is capable of cleaning up to 20 helicopters per day and is the only rinse system designed specifically for Department of Defense helicopters. Besides removing corrosion, the system will reduce the cost of maintaining helicopters and ensure the safety of the pilots and crew, Killian said. The CWRS ribbon was cut on Jan. 25 by Col. A. T. Ball, commander of the 25th Aviation Brigade and Col. Yvette Kelley, Deputy Director of the Pacific Regional Office.



The medical evacuation vehicle, or MEV, arrives in Hawaii, Saturday night, at the Matson terminal on Sand Island.

MEV: Community is getting a first look

CONTINUED FROM A1

community with the Stryker, said Col. Christopher Miller, director, Stryker Brigade Combat Team and Army Transportation Team Hawaii. “A big part is to educate the community, both military and civilian, on the Stryker ... on what it is and what it isn’t,” Miller added. For example, he explained, compared to other vehicles in its class, the Stryker has a low environmental impact in noise, emissions and physical footprint. Another key point was to test the process of getting a Stryker from the manufacturing plant to 2nd Brigade, Miller explained.



Matson crews offload the MEV at Sand Island. Afterwards, Soldiers would transport the medical evaluation vehicle to Schofield Barrack’s East Range for training.

This test of the logistics flow from the plant to Schofield Barracks went well, he added, and experienced only minor complications. The Soldiers at 1-14 are also excited by the arrival of the MEV. “Hopefully, it will get rid of our other vehicles and make the infantry more lethal,” said Staff Sgt. Miguel A. Rivera, a supply sergeant with Headquarters and Headquarters Company, 1-14. Rivera said that he hopes the arrival of the Stryker will help show the people of Hawaii what the benefits of the new vehicle are. “It’s better at protecting our Soldiers and [helping] them out when we get to Iraq,” he said.

Peabody gets brig. gen. star

JOE BONFIGLIO

Honolulu District Public Affairs

FORT SHAFTER — U.S. Army Col. John W. Peabody, the 27th Commander and Division Engineer for the Pacific Ocean Division, received his first star Friday at a ceremony held at the U.S. Army Corps of Engineers headquarters in Washington, D.C. Chief of Engineers Lt. Gen. Carl A. Strock pinned Peabody with the brigadier general's star at the frocking ceremony.

Brig. Gen. Peabody is responsible for the engineering design, construction and real estate management for the U.S. Army and Air Forces in Hawaii and Alaska and for all Department of Defense agencies and U.S. installations in Japan, the Republic of Korea and Kwajalein Atoll, Marshall Islands.

His Pacific Ocean Division administers the Corps' federal water resource development and regulatory programs that govern work in waters and wetlands in Alaska, Hawaii, American Samoa, Guam, and the Commonwealth of the Northern Mariana Islands.

The Division is also charged with responding to natural disasters such as the Katrina disaster relief effort, Hawaiian floods, Florida hurricanes, and earthquakes and tsunamis, such as the one that devastated Thailand, Sri Lanka and Indonesia. In addition, it undertakes projects on a reim-



F.T. Eyre | U.S. Army Corps of Engineers

Brig. Gen. John W. Peabody receives his first star from Chief of Engineers Lt. Gen. Carl A. Strock (left) and Peabody's wife Kelly during a frocking ceremony recently held at U.S. Army Corps of Engineers headquarters in Washington, D.C. Brig. Gen. Peabody is commander, U.S. Army Corps of Engineers, Pacific Ocean Division.

bursable basis for other U.S. government agencies and Pacific island nations.

Peabody assumed command of Pacific Ocean Division on July 29, 2005, when he relieved Brig. Gen. Robert L. Davis. Prior to coming to Hawaii, Peabody was assigned to the Army's Office of the Chief, Legislative Liaison, where he was

the Programs Division Chief.

Peabody entered military service upon graduation from the United States Military Academy in 1980. He also holds a Master of Public Administration from Harvard University and studied international relations and political sociology as an Olmsted Scholar at El Colegio de Mexico, Mexico City.



Spc. Mike Alberts | 3rd Brigade Public Affairs

'Book it!'

WAHIAWA — Soldier volunteers of Golf Company, 3rd Battalion, 25th Infantry Regiment, deliver donated books to Iliahi Elementary School, Feb. 3, as part of the 3-25th's ongoing cooperative partnership with the school. Above, Sgt. Nolan Heanu carries a load of books into the principal's office.

TRICARE: Agency attempts to realign costs and benefits for retirees

CONTINUED FROM A1

the assistant secretary of defense for health affairs, said during an interview with Pentagon Channel and American Forces Press Service reporters at the Pentagon.

However, military health care costs doubled from \$19 billion in 2001 to just over \$37 billion in the 2006 defense budget, Winkenwerder said. And today's average military retiree contribution for health care coverage has dropped to about 10 to 12 percent, he said.

"Their contribution did not change, while the value of the benefit continued to

rise," Winkenwerder said. If approved by Congress and signed off by the president, the proposed TRICARE rate hikes for retirees under age 65 would be phased in over fiscal 2007 and 2008. That should bring up younger retirees' share of TRICARE costs closer to the 1995 level, he said.

By comparison, Winkenwerder said, civilians under private plans generally pay between 35 and 40 percent of their health care costs.

The current TRICARE Prime annual enrollment fee for retirees is \$230 for individuals and \$460 for families for

both enlisted and commissioned military retirees, according to DoD documents. The proposed changes would increase TRICARE Prime enrollment fees for junior enlisted retirees at pay grades E-6 and below to \$325 per individual and \$650 for families by October 2008.

Enlisted retirees at pay grades E-7 and above would pay \$475 for individuals and \$950 for families by October 2008 under the proposed changes. And retired officers of all ranks would pay \$700 per individual and \$1,400 per family.

After that, the share of health care costs

paid by military retiree would be indexed to the Federal Employees Health Benefits Program that covers federal workers and retirees.

If nothing is done now, then DoD could be paying \$64 billion for military health care in 2015, Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, said today during his testimony before the House Armed Services Committee.

Another reason for increased DoD health care costs, Pace told the committee, is that many younger military retirees are using their TRICARE health care benefits at the behest of their civilian employers,

rather than access company health plans.

Finding ways to manage increased military health care costs "is something we just have to face up to, because it's an enormous amount of money," Defense Secretary Donald H. Rumsfeld, at the same House hearing with Pace, said to committee members.

The alternative to not raising rates, Winkenwerder said, would be to degrade a first-class benefit for retired military members and their families.

"You can see our benefit is a much better benefit, and we want to keep it that way," Winkenwerder said.

Wolfhounds dedicate gym to injured Soldier

Story and Photos by
PFC. KYNDAL BREWER
Staff Writer

SCHOFIELD BARRACKS — When Staff Sgt. Eric W. Cagle returned to Hawaii for the first time in two years after being deployed, he was ambushed ... pleasantly.

In honor of the valor he demonstrated in Iraq, Wolfhound Soldiers with 1st Battalion, 27th Infantry Regiment recently dedicated their new weight room to Cagle.

A squad leader in Co. A, 1st Bn., 27th Inf. Rgt., Cagle deployed to Iraq in Feb. of 2004.

In Oct. that same year, on what seemed like a normal day in Iraq, Cagle was severely injured when his squad's convoy was hit with an improvised explosive device.

"We were on a routine patrol through the city and turned the corner," Cagle explained. "And BOOM! We were hit."

In the explosion, Cagle was struck in the head with shrapnel. His fellow Soldiers pulled him out of the convoy to make sure he was okay.



Above — Staff Sgt. Eric W. Cagle is presented with a shadow box at the dedication ceremony.

Left — Wolfhound Soldiers stand in line to shake hands with Staff Sgt. Cagle.

"When they pulled me out, I was walking around asking everyone if they were okay," Cagle said. " And then I just passed out."

Cagle was transported out of the combat zone to three different hospitals in the Middle East before making it home to Walter Reed Army Medical Center in Washington D.C.

Cagle suffered a traumatic brain injury and as result, has paralysis in the left side of his body, loss of sight in his right eye and in half of his left eye. These are just a few of his injuries.

The surprise dedication ceremony was held on Monday, outside of the weight room.

Cagle was humbled.

"I wasn't even supposed to know about coming out here, it was all supposed to be a surprise," Cagle explained. "But I convinced my mom to tell me about it. She didn't tell me about the ceremony though," he continued. " I was just excited to be coming out here to see all the guys again, that's all I really cared about."

News Briefs

From A-4

Humphreys Road and Hewitt Street, will be closed on Friday, Feb. 17, from 8 a.m. to 4 p.m. Workers will be installing new telecommunications ductlines.

If the work is not completed on Friday, the closure will continue on Saturday during the same hours. For more information, contact Eduardo Manglallan at 748-8244.

Employer Award Nomination

— Employer Support of the Guard and Reserve announces the opening of the 2006 Secretary of Defense Employer Support Freedom Award nomination season. National Guardsmen, Reservists and their family members are eligible to nominate their employers for this prestigious national award from the Department of Defense. The nomination season will close Feb. 28th. Visit www.esgr.mil to nominate your employer.

Preretirement Orientation

— A semiannual preretirement orientation is scheduled on Feb. 28 from 8 a.m. to 11:30 a.m. at the Schofield Barracks Post Conference Room (Building 584) on Trimble Road, across the street from Sgt. Smith Theater. This orientation is for Soldiers with 18 or more years of active service and their spouses.

Information concerning the benefits and privileges of military retirement will be provided, and representatives from federal and state agencies and military staff offices will be available to answer individual questions. For more information, call the Schofield Barracks Retirement Services Office at 655-1585/1514.

Ongoing

The Wave

— This Fort Shafter worship service meets each Sunday at 9 a.m. in the Fort Shafter dining facility. Come worship and attend the breakfast potluck.

For more details, call Chaplain (Capt.) James Lester at 438-1816.

HAWAII **ARMY** WEEKLY PAU HANA

www.25id.army.mil/haw.asp

FRIDAY, FEBRUARY 10, 2006



Guests are rewarded with a majestic view of Waimea's waterfall. Hikers can get there by a quick 20 minute trip or take the scenic route which lasts three hours. Ancient Hawaiians believed Waimea held healing powers.

Waimea Valley an adventure for all enthusiasts

Story and Photos by
PFC. BRYANNA POULIN
Staff Writer

HALEIWA — Imagine you're surrounded by lush gardens, or hiking to a tranquil waterfall or discovering wild animals and birds in their natural habitats. Why imagine those things when Waimea Valley's Audubon Center in Haleiwa offers all of the above and more.

The National Audubon Society was founded in 1905 and is one of the oldest and most respected conservation organizations in the United States.

Its mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats, and believes that stewardship of the environment is a value that should be held by all.

Since 2003, the Audubon Center has performed that mission by managing, operating and safeguarding the important cultural, botanical and ecological resources of Waimea Valley.

Whether a plant enthusiast, bird lover, history buff, or just looking for a true Hawaiian island experience, Waimea Valley is the place to be. Strolling along calm paths or hiking old stream trails, the valley offers visitors an excellent botanical garden, home to ferns, flowering plants, invertebrates, birds and Hawaii's only land animal, the hoary bat.

With 36 gardens and more than 6,000 species of rare plants from all over the globe, including many endangered plants, visitors can spend an afternoon sharing a picnic or simply discovering the simple



Above — Peacocks are one of the many fowl that the Audubon Society helps to preserve.

Right — Many strange and wonderful trees and shrubs, native to Oahu's Waimea Valley, are abundant on nature walks. Plaques identify each species.

Below — Vibrant foliage and brightly colored flowers are plentiful in Waimea Valley.



joys of nature.

Flower lovers will delight in the premier collection of heliconia, ginger, hibiscus and other native Hawaiian plants. For those wanting to learn some-

thing as well as be visually stimulated, each plant is identified with a plastic engraved label that shows the common name, genus and species names, family name, and origin.



Green labels are for common plants, while red labels identify rare and endangered species. Additionally blue labels are used to indicate economic uses for the plants.

After wandering sun-drenched trails and clear pools, visitors can investigate archeological sites, such as the sacred "Hale Iwi" or the traditional Hawaiian living site, the "Kauhale." The

The Waimea Valley Audubon Center is located on the North Shore of Oahu, directly across from Waimea Bay on the mauka (mountain) side of Highway 83. The center is open daily from 9:30 a.m to 5 p.m. and military members can enter the park for a discounted rate of \$5. Children ages 4 to 12 are \$3 and children under 4 free. For more information, call 638-9199.

Kauhale includes house sites, stone platforms and burial sites.

Bird lovers are truly in paradise. Many birds use the valley for nesting purposes and bird watchers can observe several species year-round. The Alae Ula, Aukuu, Shama Thrush and the Pikake are just a few of the many birds that can be seen repairing their nests, gathering food, or tending to their young.

The main attraction of the valley, however, is the majestic Waihi Falls, which in Hawaiian means "trickling water." After the mile-long hike from the center's entrance, the falls is a refreshing stop to kick off your shoes and swim in the sparkling water.

The center offers day and evening programs for the nature lover. Hiking by flashlight will open even the most jaded visitor's eyes to the delights that Mother Nature has to offer.

No matter what thrill or interest you have, the Waimea Valley Audubon Center is the place to enjoy natural history while gaining an appreciation for the cultural significance of the valley to the people of Hawaii.



FEBRUARY

10 / Today

Youth Welcome Party — Students, ages 5 to 18, who are new to Hawaii are invited to the youth sponsorship welcome party at the Tropics, Feb. 10, from 3:30 to 5 p.m.

Come meet new friends, learn about Hawaii, enjoy refreshments, play games and win prizes. To register, contact the School Liaison Office, 655-8326.

High School Teen Social— Join friends for an evening of fun at the Schofield Barracks Teen Center from 7 to 9:30 p.m. Listen to music and dance, play games or participate in contests.

Admission is \$3 for members and \$4 for nonmembers.

This social is for high school students only.

11 / Saturday

Yu-Gi-Oh — Get ready to duel at the Tropics. Yu-Gi-Oh tournament registration starts at noon and matches will start at 1 p.m.

Cost is \$6 and includes a pack of Yu-Gi-Oh cards. Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

14 / Tuesday

Cupid's Dinner — Celebrate Valentine's Day with a special dinner at the Nehelani, Feb. 14 from 5 to 8 p.m.

Cost is \$39.95 for two. For reservations or additional information, call 655-4466.

17 / Friday

Teen Social — Join friends for an evening of fun at the Schofield Barracks Teen Center and the Aliamanu Teen Center from 7 to 9:30 p.m.

Listen to music and dance, play games or



'Meow!'

Army Community Theater is the first in America to get the rights to produce "CATS," which opens Feb. 23 at Richardson Theatre, Fort Shafter. Tickets are available but going quickly. Call the box office at 438-4480 any Monday through Friday between 10 a.m. to 2 p.m., or go online to www.squareone.org/ACT/tickets.html for more information.

participate in contests. Admission is \$3 for members and \$4 for nonmembers.

23 / Thursday

Right Arm Night — Enjoy fun, prizes, and entertainment at the Right Arm Karaoke Night, Feb. 23, 4 p.m., at the Nehelani.

Appetizers will be served from 4 to 7 p.m., and all ranks and civilians are invited to this adult-only evening.

Tickets purchased before Feb. 23 are \$5, day of the event, \$7. For more information, call 655-4466.

ONGOING

SKIES Music — Are you a budding musician? Music Lady School of Music is offering classes in piano, vocal training, flute, recorder and violin through SKIES Unlimited. Classes are available at the Schofield Barracks and Aliamanu Youth Centers.

Private lessons are provided at \$95 per month and group for \$55. For

community Calendar February

11 / Saturday

Tropic Lightning Museum — Every Saturday, the Tropic Lightning Museum, Schofield Barracks, features a movie matinee at 1 p.m. Come with your family and enjoy "The Devil's Cavaliers," tomorrow.

All movies are free; however, parents are advised that some movies may be too graphic for younger viewers. For more information, call Scott Daubert at 655-0438.

15 / Wednesday

Family Survival Night — Calling all rear detachment and family readiness group leaders ... a crisis intervention training program entitled "The Healing Conversation" is scheduled Wednesday, Feb. 15, at the Main Post Chapel, Building 790, Schofield Barracks.

The course, led by Jeri Couthan, will cover dealing with families in crisis. This training is the second in an ongoing division-sponsored series of crisis-intervention classes designed to ready key leaders for deployment.

A free, catered meal begins at 5:30 p.m., followed by the program at 6:15 p.m. For additional details, call the Main Post Chapel at 655-9307.

16 / Thursday

EFMP — The Exceptional Family Member Program will begin a monthly support group for adults who have been diagnosed with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD), or for parents of children who have been diagnosed with these disorders or Oppositional Defiant Disorder (ODD).

The group will meet on Thursday, Feb. 16, at 9 a.m. at ACS, Building 2091, Schofield Barracks. For further information, call 655-1442, or ACS at 655-4227. No child care will be available.

Sign Language — EFMP is offering a sign language course to EFMP-enrolled families who have children with communication problems on Thursday, Feb. 16, at 10:30 a.m. at ACS, Building 2091. An independent certified instructor will share knowledge and strategies and explain the value of signing.

There is no charge for this program; however, EFMP enrollment is mandatory. To

register for the workshop, call 655-1442.

Hui O Na Wahine — Want to learn more about Hawaii's plants? Join the Hui O Na Wahine all-ranks spouses club, Thursday, Feb. 16, as the club welcomes a guest speaker from the Waimea Audubon Center.

Come early and shop at the many vendors. Doors open at 10:30 a.m. for shopping with many unique vendors. Lunch will be served at 11 a.m.

ACAP Schedule — The Army Career Alumni Program (ACAP) is offering job assistance and business seminars during February. Two classes remain:

- Federal Resume Writing, Feb. 16 from 11 a.m. to 1 p.m
- Business Owners Seminar, Feb. 23 from 10 a.m. to noon.

All ACAP clients and their family members are welcome to attend these events. In addition, ACAP hosts a Veterans Affairs briefing every Friday from 8:30 to 11:30 a.m. in Building 690 (the Aloha Center), Room 3H, on Schofield Barracks. No appointment is necessary.

For more information or to reserve a spot for the above classes, call 655-1028

18 / Saturday

Tropic Lightning Museum — The Tropic Lightning Museum, Schofield Barracks, will feature "Escape from Angola," Feb. 18. Matinees begin at 1 p.m.

21 / Tuesday

ARC CPR Class — The American Red Cross, Schofield Barracks Service Center, will offer an adult, child and infant CPR, and a first aid class, Feb. 21-23 from 6 to 9:30 p.m. The cost is \$40 and includes the book. Call 655-4927 to register.

24 / Friday

Annual Volunteer Awards — Annual volunteer award nominations are being accepted now, in conjunction with National Volunteer Week in April. Instructions and criteria for submitting nominations have been provided to all brigade and battalion commanders and volunteer user agencies.

The deadline for submission of nominations to the Army volunteer coordinator (AVC) is Feb. 24, and the annual volunteer recognition will be held Friday, April 28, from 4 to 6 p.m. at Bowen Park. For more information, contact Cathie Henderson at 655-1703 or e-mail at hendersonca@schofield.army.mil.

25 / Saturday

Tropic Lightning Museum — The Tropic Lightning Museum will feature "The Mark of the Hawk," Feb. 25." The matinee begins at 1 p.m.

Rodeo — Looking for hard-riding, fast-paced rodeo action? Gallop over to the Kualoa Ranch Arena, Feb. 25. Sponsored by the Hawaii Women's Rodeo Association, this event is free to spectators and features Hawaii's best horses and riders: men, women and children. The competition will begin at 10 a.m. and includes barrel racing, pole bending and other timed events.

28 / Tuesday

Hawaii Army Family Action Plan — Make a difference in your community; send in your HAFAP concerns by Feb. 28.

Issues sheets are available at ACS and most Morale, Welfare and Recreation activities. Submit issues online at www.mwrarmyhawaii.com.

The HAFAP conference is scheduled for March 8 and 9 at the Nehelani Banquet and Conference Center, Schofield Barracks. Volunteers are needed to make this event a success.

Free child care will be provided for pre-training and the conference. Delegates, facilitators and other interested volunteers should contact ACS today.

For more information, call Robin Sherrod at 655-4368.

Hui O'Wahine — The Fort Shafter Hui O'Wahine serving Fort Shafter, Tripler Army Medical Center (TAMC) and Camp Smith is offering continuing education scholarships and charitable endowments to the community.

Deadline for submission is Feb. 28 and awards will be presented in May.

Applications are available at the Fort Shafter thrift shop, Fort Shafter library, Tripler Army Medical Center library, Aliamanu Military Reservation library, Fort Shafter and AMR youth centers, Radford or Moanalua high schools, or by calling committee chairperson Marilyn Murphy at 834-6168.

March

8 / Wednesday

HAFAP — Make a difference in the military community. Sign up to be a volunteer at the 2006 Hawaii Army Family Action Plan Conference, March 8 and 9 at the Nehelani, Schofield Barracks. Free child care will be provided. Contact ACS or Robin Sherrod at 655-4368 for more information.

9 / Thursday

KMC Spring Fling Savings — Kilauea Military Camp is offering spring fling savings for a limited time only, when you book between now and March 9 for reservations between April 1 and May 25.

Visitors will receive four nights of lodg-

more, call 655-5525.

Arts and Crafts Center — Need a fast gift? Stop by the Arts and Crafts Center and choose from a variety of island crafts, including mirrors, baskets, woodcrafts and more.

For more information, call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

DoD Employees — Don't have the time to take your auto in for an oil change, tire rotation or balancing? Give the Auto Craft Shop a call.

The craft shop can do these jobs and other services while you are at work. For more details, call 655-2271.

Sunday Brunch — Experience a delightful meal featuring brunch favorites along with numerous other choices at Reggie's on Schofield Barracks from 10 a.m. to 2 p.m., or at Fort Shafter's Hale Ikena from 10 a.m. to 1 p.m.

Cost varies by location and children's pricing is available. Call Hale Ikena at 438-1947 or the Nehelani at 655-4466 for reservations or information.

Homeschool Support Group — Homeschool students are invited to join biweekly group meetings where activities include arts and crafts, field trips, science experiments, computer classes and more.

Call 655-2263 to obtain a copy of the current calendar or learn more about registration.

Nue va en la Biblioteca — The Sgt. Yano Library on Schofield Barracks now has a collection of books and videocassettes in Spanish.

Books are available for children of all ages along with a wide selection of adult fiction. For more information, call 655-0145.

Mystery Shopper — Volunteers are needed for the Mystery Shopper Program. Volunteers anonymously shop at various facilities, providing feedback and identifying exemplary employees.

Approximately three hours may be required for each assignment, and shoppers will be provided any money that is required. Call Sandy Kawahara at 656-0078 for more.

Shoppers will also be asked to attend an in- and out-brief where they can briefly explain their shopping experience. Contact Sandy Kawahara at 656-0078 for more information.

ing for the price of three, so increase your savings with an additional 50 percent off per person when you book a KMC tour.

For more information about KMC camp, tours and rates, visit www.kmc-volcano.com.

24 / Friday

Hui O Na Wahine Scholarships — The Schofield Barracks Hui O Na Wahine all-ranks spouses club is accepting applications for merit scholarships from now until March 24.

Applications are available at Sgt. Yano Library, the Hui Thrift Shop, the Schofield Barracks ACS building, the Leilehua High School counselor's office, Hui O Na Wahine luncheons and spouse information meetings.

For more information, contact Robertta Cole, scholarship chair, at bertnstoner@yahoo.com

28 / Tuesday

Parents Workshop — The ACS Family Advocacy Program regularly offers a five-part new parents workshop designed to prepare new parents for first-time delivery and parenthood. Classes are offered in five-week blocks on Tuesday nights from 6 to 8 p.m., and the next class starts March 28.

Sessions address stages and positions for labor and delivery, Lamaze breathing techniques, infant care and new parent stress management. Classes are for both moms and dads, if possible, and couples should register as mom approaches the end of her third pregnancy trimester.

Classes are free, but participants must be registered in advance. Call ACS at 655-44CS (655-4227) to register.

April

1 / Saturday

Diamond Head Crater Celebration — The Diamond Head Crater Celebration, April 1 from 2 to 8 p.m, will feature headlining artists Linda Ronstadt, the Steve Miller Band, Yvonne Elliman, the Honolulu Symphony and numerous other major mainland and Hawaii artists.

Tickets are available at the Blaisdell Arena Box Office, online at www.ticketmaster.com or toll-free at 1-877-750-4400. For more information, call 735-7000 or visit www.cratercelebration.com.

3 / Monday

Hui O Na Wahine Welfare — The Schofield Barracks Hui O Na Wahine spouses club is accepting welfare requests now through an April 3 postmark. Welfare request forms are available at ACS or the Thrift Shop, and agencies must complete the form to be eligible. For more information, call 624-3186.

HACN TV2 Schedule

6:00	Sign on
6:25	Bulletin Board
7:00	Pentagon Channel
8:00	Hawaii Army Report
8:24	Bulletin Board
9:00	Community Focus
10:00	Bulletin Board
10:30	Pentagon Channel
12:00	Hawaii Army Report
12:25	Bulletin Board
12:54	Community Focus
1:10	Pentagon Channel
2:00	White Face
2:15	Pentagon Channel
3:00	Shamu-The Bird Story
3:30	Pentagon Channel
4:00	Oahu
4:10	Pentagon Channel
5:00	Hawaii-Hidden Beauty
5:20	Pentagon Channel
6:00	Hawaii Army Report
6:24	Honor to Serve
6:32	Community Focus
6:46	Bulletin Board
7:16	Pentagon Channel
8:00	NFL-Turf Talk '95
8:53	Volunteers
8:55	Pentagon Channel
10:00	Bulletin Board
10:30	Pentagon Channel
11:00	Coqui Frog Invasion in Hawaii
11:21	Oakland Army Base
11:50	Bulletin Board

Overnight

12:30 Pentagon Channel

This Week at the MOVIES Sgt. Smith Theater



Cheaper By The Dozen 2

(PG)

Today, 7 p.m.
Saturday, 2 p.m.



King Kong

(PG-13)

Saturday, 7 p.m.
Wednesday, 7 p.m.



Rumor Has It

(PG-13)

Sunday, 7 p.m.

The theater is closed Monday and Tuesday.

Surviving the Hale Kula book fair challenge

Story and Photo by
SPC. AMANDA FLEMETT
Staff Writer

SCHOFIELD BARRACKS — Hale Kula Elementary became more than just a school last week as parents, students, and faculty banded together Feb. 3 for “Survivor Night.”

The event was held in conjunction with the school’s book fair in hopes of increasing participation and overall fun. Hale Kula tries to hold one family event a month according to school librarian, Michelle Colte.

“It was my initial idea, but very early on one of our families (the Garcia family) gave me the idea for the various stations. Together, we brainstormed how the event would work and the supplies needed,” said Colte.

Using the “Survivor” theme, children earned immunity chips through participation at several unusual event activities. Stations included “Dig for Treasure;” “Animal Scavenger Hunt;” “First Aid Kit;” “Trail Mix Station;” “Obstacle



Course” and “Listen to Campfire Stories.”

At the popular camp fire station, children gathered to hear ghostly stories about Bigfoot, Dracula, Mudman and a teacher that steals students’ ideas with a magical potion. The students had written the stories themselves, earning a free book or gift certificate to the book fair.

For every completed station, the children collected immunity chips. At the end of the evening, the class with the most chips received books for everyone in the class, free books



Children listen to stories around a pretend campfire to earn "immunity chips" during the Hale Kula “Survivor Challenge.”

for each classroom in that grade level and an ice cream party. While not looking for great books to buy or survivor stations to attend, families feasted on decidedly non-“Survivor” food that included hot dogs, chips and cookies.

Last year Hale Kula sponsored a highly successful medieval-themed family night along with the book fair. More than 300 people attended the event, a feat Colte is hoping to repeat.



Sara R. Allison and her son, Jacob, enjoy an infant play and learn class at the Army Community Service center Feb 7. Jacob’s father,Capt. Brian Allison, a signal captain with 3rd Battalion, 25th Aviation Regiment, is preparing for his second deployment.

Deployment worries come in all sizes

Parents can ready kids to lessen struggles during deployment

Story and Photo by
PVT.2 MATTHEW C. MOELLER
17th Public Affairs Detachment

SCHOFIELD BARRACKS — With more than 7,000 Soldiers from the 25th Infantry Division preparing for their upcoming deployment to Iraq this summer, many married and single parents will be leaving their children for the first time.

Children who are separated from their parents for the first time may hoe a tough road. Feelings of loss, anger and abandonment are all too common, said Mel T. Kinoshita, Army Community Service mobilization and deployment specialist. Parents must recognize this reality, so that they can help



their children with transitions to a single-parent or legal guardian/caregiver household.

ACS offers Soldiers the opportunity to seek professional guidance that can help them recognize signs of mental stress in children during the deployment process. ACS offers in-home counseling to parents, as well as classes ranging from infant play to effective discipline, said Kinoshita. These services, he said, are vital benefits that lessen deployment struggles.

Parents should seek assistance from counselors, teachers, chaplains and other families that have been in similar situations, and then draw upon their experiences, Ki-

noshita added.

Single parents must have a family care plan that identifies the legal guardian during the Soldier’s deployment, said Cole Weeks, a New Parents Support Program social worker for the family readiness group. The plan should outline specifics regarding care and emergencies.

“Parents should establish an open and honest line of communication, with age-appropriate responses ... to make the transition easier,” Kinoshita explained. “Realizing that the child is going through some anxiety with the upcoming deployment will help the parent focus on the child’s needs.”

Further, Kinoshita said, children often feel like the parent is abandoning them. Expressing warm and affectionate feelings will help children feel loved and more open

to discussion about their feelings preceding and during deployment.

Parents and caregivers should spend as much time with children as possible before deployment. Finding a hobby the whole family can enjoy, like swimming, board games or trips to the park, can bring the family closer, said Kinoshita. As well, sitting down and making audio or videotapes of children’s favorite bedtime stories will reap benefits down the road. These recordings help children, especially younger ones, feel like the missing parent is still present with them.

(Editor’s Note: The Sgt. Yano Library can assist parents making audio and videotapes. A library assistant can help pick out appropriate books to read, as well as record the interaction for VHS or DVD players.

‘Welcome Baby’ helps expecting parents

Story and Photo by
SPC. AMANDA FLEMETT
Staff Writer

SCHOFIELD BARRACKS -- Hearing the words, “you’re pregnant” can bring either dread or happiness; happiness in anticipation of the tiny new life that will soon emerge and dread of the unexpected.

Decisions concerning the new baby’s welfare can cloud an expectant mother’s head like a hurricane. Then there is the ordeal of choosing a doctor to see her through the pregnancy.

If the father is in the military and deployed, the burden of potential decisions can seem even more daunting.

So where should prospective parents begin with preparations for a coming baby?

Tripler Army Medical Center can provide assistance. Through a free program called “Welcome Baby”, a life educator, more commonly known as a home visitor, can help ease the load for expectant military parents.

A home visitor is a specialist with expertise in military lifestyles and available community resources. The home visitor also has vast experience with pregnancies and infant growth, development and care.

“Our goal is education for the

expectant parent,” said Dela LaFleur, Armed Services YMCA Director of the Wheeler branch. “We want to help and educate that mother in any way we can.”

The home visitor’s work can cover a wide range of supportive care, education and guidance, so having good interpersonal skills is a must.

A visit can consist of discussing concerns about basic prenatal and infant care to the changes a family will experience with the arrival of a baby. In some of the cases, home visitors have accompanied clients on medical visits, coordinated services and worked as an advocate for the new parents.

One-on-one home visits are the most requested service. Classes are open to all expectant and new parents with the most popular being the “Infant Massage and Nutrition for Mom and Baby” course.

“Some new and younger mothers just aren’t aware of the nutrition needed for a baby as well as for themselves,” said Lena Wiley, office manager of Armed Services YMCA at the Schofield Barracks/Wheeler branch. “The one objective is nutritional awareness for both mom and baby.”

The Welcome Baby program is available to all military person-



(From left to right) Timothy Flemett, age 8 months; Lenzie Blackmon, 6 months; and Trey'on Marshall, 4 months, model the rewards of a healthy and happy baby getting proper nutritional and prenatal care by attentive parents.

nel. Offices at Schofield Barracks also support Wheeler Army Airfield and Helemano Military Reservation. The offices at Alamaneu Military Reservation

provide service to Fort Shafter, Tripler and Alamaneu, and sometimes see clients as far as Kaneohe.

When it comes down to it,

sometimes the expectant mother just needs a break.

“We have even done a home visit just so the new mother could take a shower!” joked Wiley.

For more information on the Welcome Baby program call Terri at the Schofield/Wheeler ASYMCA at 624-5645 or Susan at the AMR ASYMCA at 833-1183.

Breast-feeding benefits both baby and the entire family

LISA WOODWORTH
La Leche League Accredited Leader

Mothers who are breast-feeding, planning to breast-feed or trying to decide if breast-feeding is the right choice for them and their family may have trouble finding the facts. However, getting accurate and up-to-date information is essential for making an educated decision whether to breast-feed.

Benefits abound for the baby, mother, father, active duty Soldier and family budget. According to La Leche League, an organization devoted to prenatal care, benefits include the following:

- The colostrum, or pre-milk, delivers the baby’s first immunities, protects them against infection and decreases the absorption of bilirubin, a cause of newborn jaundice.

- Mature milk is produced after the mother’s colostrum. This milk is the only food that babies need for at least the first six months of life. Mature milk supplies all the necessary nutrients, in the correct proportions, for a baby. Also, mature milk digests easily.

- Some important health benefits include protection from many serious diseases: Crohn’s, Type 1 diabetes, asthma, meningitis, respiratory infections, digestive infections, eczema, dental caries, urinary tract infections, ear infections, child and adulthood obesity, multiple sclerosis and many types of cancer.
- Breast-feeding lowers the risk of sudden infant death syndrome (SIDS), and it raises IQ levels.

Besides baby benefits, mothers receive enormous advantages when they breast-feed. For many, exclusively nursing their infants continues the natural family planning reproductive cycle of delayed fertility and natural child spacing. Breast-feeding can also lower a mother’s risk of endometriosis, osteoporosis, anemia, ovarian cancer, breast cancer and endometrial cancer, to list some diseases.

Breast-feeding encourages the production of the hormone prolactin, also known as the “mothering” hormone. Prolactin lowers the mother’s risk of postpartum depression and increases her ability to overcome the “baby blues.”

Further, a nursing mother is able to physically satisfy all of her baby’s needs, which increases the mother’s self-confidence and self-esteem.

Not only do moms and babies benefit. Fathers reap rewards too. They get more time to devote to his own baby bonding. Bathing, walking, rocking, reading, playing, and diaper changing can become daddy’s places of perfection.

With frequent moves so common to military families, breast-feeding is an easily portable form of feeding. Parents need not worry about finding a warming source for bottles. Also, from time to time, alternative feeding options are subject to product recall, specific brands may be unavailable or costly.



Photo courtesy of Getty Images

Nighttime nursing gives fathers a break from frequent feedings. But mothers, too, will find that they get more sleep without the extra nighttime food preparation activities.

Finally, active duty mothers can extend the benefits of breast-feeding long after they return from maternity leave. When they collect their breast milk during latrine breaks at the workplace, they are consistently reminded of their infants throughout the day. They are reassured that their baby is getting the best possible source of nutrition.

When Soldier moms return home from the workday, generally their first action is to nurse their infants, further solidifying the mother-baby dyad. Breast-feeding naturally encourages mother-child bonding and attachment.

Additionally, leaders who are willing to accommodate latrine breaks for breast-feeding mothers may find these Soldiers are out far fewer sick days due to ill children, because of the baby’s extra immunities derived from breast milk.


Economically, the military family reaps monetary benefits from breast-feeding. A family can save a minimum of \$1,500 per year, just by avoiding the added costs of alternative feeding sources and methods.

Pregnant Soldiers should not rule out the breast-feeding option. Much more information is available regarding advantages and avoiding common difficulties. Plus, resources abound on well infant, toddler nutrition and/or weaning.

In addition to the Tripler Army Medical Center and the Schofield Barracks Health Clinic, the local chapter of La Leche League at Schofield Barracks provides support, encouragement and information to all interested expectant and nursing mothers.

Monthly meetings are held the third Tuesday of each month at 10:30 a.m. in the small meeting room of Sgt. Yano Library. For more details about La Leche, call Lisa Woodworth at 624-4047 or send e-mail to laparks22@yahoo.com.

La Leche League is an international nonprofit organization. A Windward chapter also meets in Kaneohe, the first Wednesday of each month at 10 a.m. at the Queen Lili’Uokalani Children’s Center.



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Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration



FEBRUARY

10 / Today

Youth Wrestling Team — Register now at Schofield Barracks through Feb. 10 for the USA Wrestling Team. Youth born from 1986 through 2001 are eligible to participate. Cost is \$20 per person, plus a \$30 USA Wrestling Team fee.

Registration is at the Bennett Youth Center, Monday through Friday, 11 a.m. to 5 p.m. For more information, call 655-6465.

19 / Sunday

"5 Game, No Tap" Tournament — Individuals are invited to participate in the "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

21 / Tuesday

Youth Baseball/Softball— Feb. 21 is the last day to register for Hawaii Youth Sports baseball and softball. Registration is held at Aliamanu Military Reservation (AMR), Fort Shafter, Schofield Barracks, Helemano Military Reservation (HMR) and Wheeler Army Air Field Youth Centers.

First-time participants must sign up with the CYS registration office before they can register for activities. For baseball and softball, the Hawaii Youth Sports League is open to youth born in 1987 to 2000.

Cost is \$55 for baseball or softball and \$45 for T-Ball and Coach-Pitch. For more information, contact your area sports director.

ONGOING

Cardio Kickboxing — Cardio

kickboxing can help develop cardio-vascular fitness, improve balance and improve self-confidence. Classes are offered at the Fort Shafter Physical Fitness Center, Tuesdays and Thursdays from 4:30 to 5:30 p.m. For more information, call instructor Daryl Lynn Gandaoli at 779-4495.

SKIES HOKK Classes — Come and learn Hawaii Okinawa Kenpo Karate-Do Shudokan, a quality martial arts program taught by master instructors. HOKK teaches self-discipline and dedication to overcome obstacles and become successful in karate and life in general. Classes are \$35 per month or \$105 for a semester. Family discounts are available. Classes are offered for students in grades 1 to 10 and parents are welcome to take classes with their children. New students start at the beginning of each month. For additional information, please call 655-5525.

Chess Club — Come and play chess every Monday from 5 to 8:30 p.m. at the Tropics. Competitors must have their own equipment but a few sets will be available for those without. For more information, call the Tropics at 655-0002.

Youth Sports Coaches — Youth Sports is looking for volunteer coaches to help make the program a success. See your local Youth Sports Director or call the youth sports offices at AMR at 836-1923, Fort Shafter at 438-9336, or Schofield Barracks at 655-6465 for more details.

Step Classes — A variety of step classes are offered at the Schofield Barracks Health and Fitness Center, including the dynamic Multistep Class held Mondays at 8:30 a.m., the Step and Ab Class held Mondays at 5 p.m., and the Step and Pump Class held Thursdays at 5 p.m. and Fridays at 8:30 a.m.

Classes are available to fit any individual's exercise regimen and goals, and are held from Monday through Saturday. Call 655-8007 for more information.

Schofield bowler places at All-Army



Spc. Mark Gunthorpe recently placed fifth in the Armed Forces Bowling Championship held in Reno, Nevada.

Story and Photo by
PFC. BRYANNA POULIN
Staff Writer

SCHOFIELD BARRACKS — A 25th Infantry Division Soldier placed 5th in the 2006 Armed Forces Championship held Jan. 9–11 at the National Bowling Stadium in Reno, Nev.

Spc. Mark Dale Gunthorpe of 1st Battalion, 27th Infantry Regiment, not only took 5th in the Armed Forces Championship but also placed 49th out of 230 amateur bowlers in the Team USA Championships.

Most nonbowlers might think the sport is simply rolling a ball and knocking down some pins; Gunthorpe begs to differ.

"There is a lot that goes into bowling and people do not understand what ... it takes to be a good bowler," said Gunthorpe whose bowling average is 210.

Drawing on a lifetime of experience, Gunthorpe mentioned a few simple but important rules for bowling: be mentally and physically prepared, have proper timing and footwork and focus to put the ball in the correct place to hit the pins.

The seasoned bowler also uses bowling as a stress reliever.

"I have to have a good attitude when I am bowling, not to get down on myself if I haven't bowled as well as I wanted, yet not [get] too happy, when [I'm] bowling a good game," he said. "It's an adrenaline rush when I get a good score."

In addition to the Armed Forces Championship, Gunthorpe has been on the All-Hawaii Bowling Team and the PBA Western Regional Events.

"The more tournaments I am in, the easier it becomes," he said.

This year was the third consecutive year the Armed Forces Championships were held in conjunction with the amateur Team USA Championships.

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